

Suggested Consumables List

To prepare a list of suggested consumables to bring to Bolivia is a very difficult task. It really varies widely among people; there's quite a bit available on the local economy, some things are readily available and some "spottily". In general, if you shop wisely and keep a backup stock of things you really never want to run out of, you can usually survive pretty well. Below you will find a list of items that in the opinion of the CLO at the US Embassy are worth bringing.

Personal Toiletries

- Body Lotion (available but poor quality)
- Sunscreen (available but expensive)
- Make Up items (more expensive)
- Hair Color (available)
- Tissues
- Toilet Paper
- Tampons
- Mouthwash
- Lip balm, Chap stick, Carmax

Food

- Olive Oil (available but expensive)
- Specialty Oils (available but expensive)
- Spices for Indian, Thai, Mexican
- Mustard Seeds
- Chocolate chips & baking chocolate
- Nuts (available but expensive)
- Cake Mixes
- Brownie Mixes (available but poor quality)
- Cooking Mixes
- Pam
- Crisco
- Peanut Butter
- Baking Soda
- Dried Fruit (available but expensive)
- Icing
- Cereal - esp. non-sweet cereals
- Cocoa
- Salad Dressing
- Low fat/Low Sodium products
- Coconut Milk
- Cranberry Juice
- Cristal Lite

Snacks

- Nacho Chips

- Salsa
- Favorite Cookies or crackers
- Favorite candy bars (available but expensive)

Health Related Products

- Vitamins

Miscellaneous

- Laundry Detergent (available but poor quality)
- Paper Products (available but expensive)
- Plant Food
- Dog Food
- Cat Food
- Kitty Litter
- School Supplies (Pens, pencils, legal pads, notebooks, specialty paper)

